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■ EVENTS

Cycling plan in motion

JEFF BLAY
QMI Agency Niagara

NIAGARA — GranFondo Canada has announced the official course for the inaugural GranFondo Niagara Falls.

After three years of planning, the route for the September 14 ride has been finalized.

The 125km event starts at the Falls and runs north along the Niagara Parkway into Niagara-on- the-Lake.

see CYCLING | page 2

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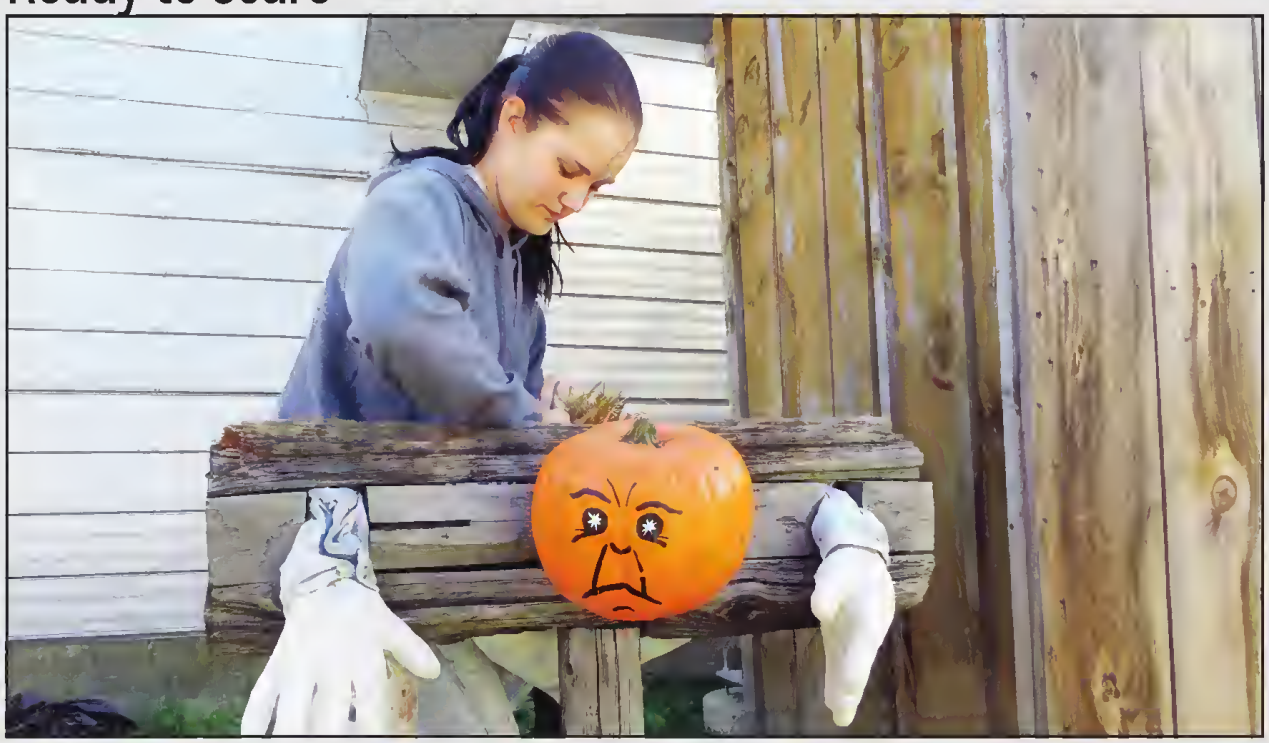

SARAH FERGUSON Staff Photo

Alex Woods, who has been working at Howell family pumpkin farm for three years, stuffs a scarecrow full of hay Monday morning. Staff is working full-time to prepare the pumpkin farm for opening day on Saturday. See story Page 3.

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upfront

■ **ISAAC RIEHL MEMORIAL SKATE PARK:** Construction begins in Fonthill valley

Mom watches son's legacy take shape

SARAH FERGUSON
PelhamNews Staff

Bonita Riehl watches daily as a bulldozer moves earth in Marlene Stewart Streit Park, deep in the Fonthill valley off Hwy. 20.

The work is being done to construct a skatepark that no doubt her teenaged son would be thirsting to experience — if it were not instead being built in his memory.

"I've been down there every day taking pictures of the construction's progress and I'm posting the images on Facebook. I haven't missed a day yet," Riehl said.

The future park's 14-year-old namesake, Isaac Riehl, is her son, who died last fall after he was struck by a car while longboarding on Foss Rd.

Riehl said she feels like Isaac's spirit "is already there."

"It's very exciting to actually see (the construction happen.) I tell the guys at New Line I come by because I feel like they're taking care of my boys as they prepare the skatepark for the community."

A ceremonial groundbreaking was held last Wednesday afternoon.

"It's an unfortunate situation," Matt Giberson of New Line Skateparks said about the facility's tragic backstory.

Giberson said his team puts its "heart and soul" into every park it builds and is working hard to build something Isaac would have been proud of.

SARAH FERGUSON Staff Photo

Site manager Nick Upham, left, and Matt Giberson of New Line Skateparks have been shaping soil at Marlene Stewart Streit Park in Fonthill to prepare the land for the Isaac Riehl Memorial Skate Park.

"I think (the park) will mean a lot. We've been talking to people and they say there isn't a lot for kids to do around here."

Giberson said the park will be special because Isaac's mom has had a large role in the skatepark's design.

"Isaac's mom bas been great. She's been here every day. She's been taken in by the experience, so it's good to see ber out bere and enjoying the building with us."

The Town of Pelham unveiled the long-awaited park's designs at the beginning of August. New Line Skateparks, a company based out of Langley, B.C., helped design the 756-square-metre facility with the town's skatepark design committee.

Shovels were first put into the ground about three weeks ago, said site manager Nick Upham.

Although construction "started off a little slow" because of rainy weather, be said the work is now moving at full speed.

The first step to preparing the park for the new facility was removing a baseball diamond that was decommissioned after the end of this year's season.

Passersby can see the skatepark has quickly taken form as Upham works to shape the ground to make sloping banks. After main features are installed — a slappy wall with gap and flat rail, a bank with mellow hip and a minipipe with an extension pocket — more shaping will be done to the landscape, Upham said.

The official opening date of the skatepark depends on the weather, but the construction crew is hoping to have skaters using the Isaac Riehl Memorial Skate Park as early as November.

"I just want all the kids to be happy, to please Bonita and to build a good skatepark," Upham said.

■ **CYCLING**

Many roads affected by Granfondo event

FROM PAGE 1

From there, participants will turn around and ride south to Portage Rd., heading west towards the Thorold Tunnel before doing a loop around Short Hills Provincial Park.

The ride will then return to the Niagara Pkwy. for the final 10 km push to the finish in Niagara Falls.

Officials estimate between 2,000 and 3,000 cyclists will take part in the ride, which also passes through Thorold and Pelham.

The ride will require many roads, including the Niagara Pkwy. and Thorold Tunnel, to be closed for the entire duration of the ride.

"To create the safest environment for cyclists and motorists, traffic modifications will be in effect along the course," said Lindsay Carswell, director of marketing at GranFondo Canada.

Carswell said the best routes for travelling through Niagara on event day are the QEW and Hwy. 406.

Road closures will also be made known through resident mailouts and door-to-door campaigns. Roadside signage will also be posted closer to the event.

For more information on the course and the road closure information in these specific neighbourhoods, visit www.september14.ca.

TRAFFIC CHANGES

The following neighbourhoods and primary roads will have major impacts on Sept. 14:

QUEENSTON

6:45 -7:30 am: No vehicles allowed to cross Niagara Pkwy.

7:30 -9:00 am: Expect delays for crossing at York Rd.

BEVAN HEIGHTS

7:00 a.m. -12:15 pm: No vehicles allowed in or out of Melrose

STONEFIELD PARK

7:00 a.m.-12:30 pm: No vehicles allowed in or out of Pinestone Rd.

THOROLD TUNNEL

7:00 a.m. -12:15 pm: Both westbound Lanes closed; use alternate route Short Hills

8-11:30 a.m.: No vehicles allowed on roads — see course map online

LOOKOUT ST.

8:30-11:00 a.m.: No vehicles allowed on road — park elsewhere for egress

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■ **PUMPKIN FESTIVAL:** Annual event kicks off this weekend

Pumpkins aplenty at Howells

SARAH FERGUSON
PelhamNews Staff

Jerry Howell began his venture into the pumpkin business more than 30 years ago.

This weekend, Howell, along with his family, and staff will open the farm's gates and kick off the fall season with free admission to Howell's annual Pumpkin Festival, on Holland Rd. in Pelham.

The festival begins in late September and runs right through until just after Halloween.

Howell was only nine-years-old when he first sold his first crop of pumpkins. He filled a wheelbarrow full of the gourds, soon to be made into jack-o-lanterns, and made $28, which was a lot of money in 1975.

The story of how Howell got started in the business is one he said he's told about a million times.

"The neighbour's kid had a stand at the end of the lane. I think he was growing something like tomatoes. I went to my mom with the idea to start my own stand and I asked her what I could sell," Howell said.

Fast forward more than three decades later and what started as a small stand at the end of a driveway has turned into a family-run business that serves up pumpkin muffins, doughnuts, fudge, popcorn as well as old fashioned sodas and many other heavenly and seasonal treats.

There's plenty of activities including a tractor tire play area, sandbox, animal farm, scarecrow displays, wagon rides, a three-acre corn maze with puzzles, and of course plenty of pumpkins.

The farm draws anywhere from 40,000 to 60,000 people in a season and is a lot of fun for families, Howell said.

The clock is winding down and there's still plenty of work to be done on the farm, but Howell said the gates will be open and waiting for visitors beginning Saturday morning.

"There may be a few things that aren't finished but nothing that anyone will notice."

Visitors planning on stopping at the farm are encouraged to arrive early on Saturday because part of Holland Rd., where the farm is located will be closed for a few hours from 8:35 to shortly after 11 a.m. due to the GranFondo bicycle race.

"We encourage everyone to come here for 8:30 a.m. to watch the race. We will open the kitchen at 9 a.m. for pumpkin doughnuts and coffee, and the attractions will open at 11 a.m."

Howell said those who plan on arriving at the farm between 8:45 and 11 a.m. will be able to park on Cataract Rd, south of Holland Rd., or on Holland Rd., in front of Merrittville Speedway and walk to the farm.

PUMPKIN PLANNING

Who: Howells' Family Pumpkin Farm

When: Open on weekends and during the week daily beginning Saturday Sept. 14 until Nov. 4.

Opening weekend is free admission for everyone.

Attractions include: a three-acre corn maze, a haunted barn, a pumpkin eating dinosaur named Pumpkinosarus-Rex, wagon rides, hay bale play areas, frogs, skeletons, and a farm animal petting area.

Free admission to the farm is Saturday, Sept. 14 and Sunday, Sept. 15 from 11 a.m. to 5 p.m.

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comment

Library a resource for all ages

FRAN GILES

Here we are again with some more news from the place dedicated to paper and ink and computers and fun and learning and... No, I don't mean school. That's for children and teens.

I mean the library, which is for all ages. At the library, mostly for free, you can borrow books and DVDs, use the public access computers, meet your friends, either for a meeting or informally, learn new things or practice familiar ones.

What's not to like?

Starting the week of the Sept. 16, the fall session of children's programs begins. As far as children, teens and adults go, the weekly gadget clinics started again on Saturday. Sept. 7, jewellery design on Sept. 11, Monday afternoon book club on Sept. 9 and, of course, there are the drop-ins which went on all summer and are continuing. Dr. Goicoechea discussed his book on the Sept.9 , Meditation Morning takes place on Sept. 14. and authors McGill and Mannell are here onSept. 16.

Giles

Especially for those people who couldn"t get into their first choice of book club, the Wednesday evening one meets on Sept. 18 at 7 p.m., still has room for a few more members and is led by our new deputy CEO, Amy Guilmette. This is your chance to get to know Amy and to discuss "The Light Between Oceans" by M.L.Steadman.

Both very worthwhile activities, I can assure you.

Another book club which would welcome more members takes place the fourth Tuesday of the month at Maple Acre in Fenwick at 11AM. Our first book is "A Good House" by Bonnie Burnard

For those of you who aren't satisfied with your holiday photographs--or who aspire to more--Welland Camera Club president and award winning photographer Peter Ferguson will be presenting Photography 201 on Monday. Sept 23 from 2 to 4 p.m. $10 Please register ahead.

Register ahead also for Autumn/Christmas Cardmaking on Tuesday. Sept. 24 from 10 a.m. 12:30 p.m. This workshop costs $10 and is limited to 20.

Finally, the 55+ book club will be meeting from 11 a.m. to 12:30 p.m. on Wednesday, Sept. 25.

Looking ahead, Dr. John Mayer will be talking about his collection of Greek, Roman and Byzantine coins on Monday, Sept 30 at 6:30 p.m. Please register ahead. $2.50. Also coming up, award-winning Canadian author Linden MacIntyre is presenting his book "Why Men Lie" on Oct. 8 at 8:30 p.m. There will be copies for sale. Tickets are $10 each.

■ COLUMN

Surveying recreation and culture needs in Pelham

DAVE AUGUSTYN
MAYORAL VIEW

In March, I wrote here about the executive summary that staff prepared for council about the recreational and cultural reports that various councils have received over the years.

I also wrote that "...because it's been discussed and desired for many, many years, Council recently approved the development of a business case for community recreational facilities."

As part of a creative problem solving session last December, council identified reasons for such an executive summary and a business case:

■ Council wants to develop the Town-owned-lands in east Fonthill (32 acres at Regional Rd. 20 and Rice Rd.) in the best manner and in conjunction with other property-owner groups;

■ Council wants to define the recreational and cultural services the Town needs now and for the future;

■ Council wants to stay focused on deciding what to do with Town facilities and those town-owned-lands.

In June, the town awarded the "request for proposals" for a Business Case to LeisurePlan International Inc. – a firm that specializes in planning and market research for recreation and leisure activities including YMCAs and municipalities.

We were hoping that their market analysis and business case study would have been completed by now. However, the CAO reported to council last week on something many have been saying for a long time: "A review of all previous studies was undertaken which confirmed that no significant or meaningful financial work was completed requiring additional financial analysis for both an arena and community centre."

So that they can present a comprehensive report and so that we can have meaningful discussions about recreation in Pelham, LeisurePlan began a phone survey last week. Randomly selected Pelham residents will be asked to participate in a brief 10 minute telephone survey. Residents will be asked about their recreation and culture habits and preferences. LeisurePlan will vary the time of calls so that no biased day or hour exists, and will survey more than 1,000 residents so that they can achieve a statistically significant result. All personal information collected will remain strictly confidential.

Over the last number of years, many in the community have expressed the desire for increased recreational and cultural services. I am pleased that we are finally undertaking a market analysis and business case. This statistically valid survey will gauge the need for these services and evaluate whether a business case exists to expand services like indoor aquatics, arena ice-times, fitness programs, and other facilities.

I hope that we can publicize the results of the business case over the next couple of months so that Council can work together with you and your neighbours to finally decide on the future recreational, cultural, and wellness facilities and needs for the Town.

You may suggest future columns by contacting Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

■ GUEST COLUMN: Joe Barkovich

Autumn rose beds are mesmerizing

Some people enjoy their garden the most in June.

I was one of them. Being a rose gardener is one reason. Roses seemed to be at their finest in June.

But I am changing. Like the transition from summer to fall, I am changing.

This occurred to me recently while sitting outside and drinking up the pleasures of our side yard garden — two rose beds. It was late August. Late afternoon was morphing into early evening. The setting sun was hanging over the tops of trees on the other side of First Ave.

It was, however, just enough to give a surreal glow to the scene in front of me. It dawned on me: there may be nothing quite like a rose garden at its late-summer peak here in Canada's Rose City.

Two City of Welland rose bushes are in the front row of the larger of the two side yard rose beds. They deserve their places on centre stage, so to say. But this summer, a good summer for roses, they had some stiff competition from the supporting cast.

Take, for example, one of my favourite roses, Schwarze Madonna, which has performed like never before.

This hybrid tea, somewhat seductively described in one rose-growing catalogue as "dark red cloaked in black velvet" came close to stealing the show. The diva was blessed with bloom after bloom and more than lived up to its "black velvet" reputation. Right now it boasts four flowers at various stages and they cry out for attention. All summer long, it was difficult to walk past without stopping and admiring the show. Now, on the cusp of autumn, it seems invigorated by the most recent flush of blooms.

An old reliable, Tournament of Roses, shows off huge clusters of medium pink flowers in a repeat-flowering continuity of bloom that will carry on, I'm sure, to first frost. It was planted in the early- to mid-1990s and has come through year after year. Two climbers, America and New Dawn, are this rose bed's anchors, one strategically placed at the front, the other at the back. America is the senior of the two, but New Dawn is the more prolific grower. It has to be watched with a wary eye or else it will spread and take over whatever space it can find.

Just ask Jude the Obscure, a David Austin rose, which seemed to live up to its name, until this summer. A modern shrub rose, Jude the Obscure found itself in stiff competition with New Dawn's far-reaching canes ever since it was put into the ground several years ago. It has rich, full yellow flowers which have turned out to be scene-stealers so far this growing season, thanks in part to careful monitoring of New Dawn's intimidating canes. There was nothing obscure about Jude this summer. It made a name for itself, that's for sure. Now that September is here, Jude the Obscure relishes its place in the sun and longs to grow.

The flowers show me this much and more this late in the season. Sitting outdoors Thursday evening, I realize the flowers tell us that late summer, and the autumn of our lives, can have much to offer, provided we are willing to accept change.

And so I look upon the roses in the beds that flank the walkway and savour the gentle beauty. Summer is fading, fall is advancing. The rose beds here have not looked better, this year, than they do right now. The rose beds are mesmerizing.

I agree with journalist/author William Longgood's assessment: "The late summer garden has a tranquility found no other time of year."

I am sure many other Welland gardeners are of like mind, as the autumnal equinox approaches in our lives.

■ BOW HUNTING

Deer hunt at Short Hills

QMI Agency Niagara

PELHAM — The Ministry of Natural Resources announced on Sept. 6 that for the second year in a row an Aboriginal deer hunt will take place in Short Hills Provincial Park.

The park will be closed to the public Nov. 21 to 24 and Nov. 28 to Dec. 1 to allow for the hunt.

The bow hunt — no firearms will be used — will begin one half-hour before sunrise and end one half-hour after sunset.

Aboriginal hunts, which are recognized through treaty rights, will take place in the southern portion of the park where there is the least development and fewest trails. Park staff will monitor access points to the park.

The MNR is hosting a public meeting in regards to the hunt Sept. 19 from 6 p.m. to 8 p.m. at White Meadows Farms, 2519 Effingham St. in Pelham.

Last year's hunt was steeped in controversy. Several people flat out objected to the hunt, while hunters scoffed at preferential treatment.

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■ **PETS:** Niagara Region to maintain site at Hwy. 20 and Centre St.

Leash-free dog park site chosen for Pelham

SARAH FERGUSON
PelhamNews Staff

Pooches in Pelham will have a place to roam leash free as early as next year.

Town council has committed $35,000 to the construction of a dog park at a former regional landfill at Hwy. 20 and Centre St.

Niagara Region has committed to funding $65,000 of the $111,081 it will cost to build the park as well as retain ownership of the land and accept all maintenance and liability for the park, Mayor Dave Augustyn said.

"By the looks of the plans, it will be an excellent facility for our entire community," Augustyn told town councillors last Tuesday night.

Before the park can move ahead, the land must be rezoned and receive approval from the region.

A local group of dog owners approached the town in 2011 to express their desire to have a dog park. It has committed to fundraising $10,000 to put toward construction costs.

Some councillors felt committing funds for the construction of a dog park would take a bite out of the town's 2014 budget.

Ward 2 Coun. Gary Accursi said he'd prefer to defer the discussion of a dog park at a later date because the town has a number of projects on the go, including the Isaac Riehl Memorial Skate Park.

Ward 1 Coun. Larry Clark said he felt the town's contribution to the park would be better spent elsewhere.

"I'm just having a real hard time spending $35,000 on 134 dogs," Clark said, of the town staff's report which noted 134 dog licences were sold by the town of Pelham in 2011.

Treasurer Cari Pupo said the dog park was earmarked in the 2012 budget and was brought forward to be considered by this year's council.

Before council voted on the issue, Augustyn said he supported a dog park.

"This is a one time opportunity. We get a park for hundreds of dog owners, not just dogs, to use. We have an active community group that is willing to fundraise for this. This is not a situation where there is no community involvement so I am supportive of this initiative."

Council approved committing the funds to the dog park in a 5-2 vote in favour with Accursi and Clark voting against it.

sarah.ferguson@sunmedia.ca
Twitter: s_ferguson25

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Zumba Gold @ Pelham Arena
Tuesday Sept 17th 9:30 am - 10:30 am
Thursday Sept 19th 9:30 am - 10:30 am

Drop in and try any session for $6 or purchase your 10 + 2 bonus passes for $60. For more info, contact (905) 892-2607, ext. 329.

Walking Club - Everyone is welcome! – Sept 17th and Sept 19th
Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Coming Soon to a Park Near You ... "Get Active for Life" a NEW PROGRAM in the Town of Pelham. Residents are currently being asked to complete an online survey at https://www.surveymonkey.com/s/getactive4life. We are also looking for instructors. If you are interested, please email jruddell@pelham.ca or call 905-892-2607 ext. 341.

COMMUNITY EVENTS & NEWS

Pelham T-Shirts NOW Available!
You've seen them around Town, during Bandshell concerts, and at Summerfest. Now is your turn to get your own Pelham t-shirt!
Only $10 each and available at Pelham Town Hall Monday through Friday 8:30 am until 4:30 pm.

Alzheimer Society National Coffee Break Day – Friday, September 20th – Pelham Town Hall
The Town of Pelham is hosting a coffee break in support of the Alzheimer Society of Niagara Region and everyone is invited! Join us for a fresh cup of coffee and some treats starting at 10 am and lasting throughout the day. See you in Council Chambers at Pelham Town Hall!

Child Car Seat Clinic – Saturday, Sept. 21 – 10:30 am to 2:30 pm – Pelham Fire Station One (177 Highway 20 W, Fonthill)
The Town of Pelham, in collaboration with Pelham Fire and the Niagara Auxiliary O.P.P, is hosting a child car seat clinic. Certified Child Car Seat Technicians will be present to answer questions and help inspect, install, and make corrections to car seats. No appointments necessary. Pelham Firefighters will also be on site with fire trucks to entertain children while caregivers partake in the clinic.

Photography 201: Beyond the Basics - Monday, Sept. 23 from 2-4 pm – Pelham Public Library
So you've mastered the auto setting on your camera. Want to go beyond the ordinary and begin to explore the creative? Award-winning photographer and Welland Camera Club president Peter Ferguson will take you through the settings on your camera and talk about post-production ways to turn a photograph into a work of art. Bring your camera and manual. Cost is $10. Please register ahead.

Autumn, Christmas, & Whimsical Children's Card Making Workshop - Tues. Sept 24, 10 am to 12 pm – Pelham Public Library
Participants will make six cards using a variety of techniques. Most materials are provided. Cost is $10. Please register ahead.

Outdoor Movie Night – Friday, September 27 at 8:00 pm – Under the Arches! Downtown Fonthill!
Presented by the Summerfest Committee and Mayor's Youth Advisory Committee
Movie title to be determined – vote for your choice at https://www.surveymonkey.com/s/PelhamMovieNight

Town of Pelham Budget Open House - Tuesday, October 15 – 6:30 p.m. – Pelham Town Hall
Residents are invited to participate in the upcoming budget open house happening in Council Chambers at Town Hall. See you there!

Pelham Farmers' Market – May 2 until October 24 at Pelham Town Square Sept. 5 Market Bucks Winner: Carey Hoeschle
2013 marks the 10th year for our vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30pm till dusk.

(((Wi-Fi))) Now Available @ Peace Park in Fonthill
Did you know that free Wi-Fi access is available to Peace Park visitors 24/7? Be sure to check it out when visiting Town Hall or taking a stroll through the park!

NOTICES & REMINDERS

HAVE YOUR SAY

Resident Telephone Survey

The Town of Pelham, in partnership with LeisurePlan International Inc., a firm specializing in leisure, recreation and fitness, is conducting a Multi-Purpose Indoor Community Centre Strategy and Business Model Study to gauge the feasibility of potentially building recreation and culture facilities in our town.

We are looking for resident input regarding current participation in recreational and cultural programs and activities to help determine potential future requirements.

Randomly selected Pelham residents will be asked to participate in a brief 10 minute telephone survey with LeisurePlan representatives discussing their recreation and culture habits and preferences. All collected information will remain confidential.

So make your voice heard and help us shape the future of recreation & culture in Pelham!

GranFondo Road Closures

Residents are reminded that the 125 km bicycle ride, GranFondo, is coming through Pelham on Saturday, September 14, 2013.

The following local roadways will experience temporary, rolling closures from 8-11:30 a.m. on this day: Highway 20, Effingham Street, Sawmill Road, Maple Street, Kilman Road, Cream Street, Sixteen Road, Tice Road, Lookout Street, Haist Street, Overholt Road and Pelham Street.

Port Robinson Road Closure

Residents are thanked for their patience while road work is being conducted along Port Robinson Road between Pelham Street and Station Street. Stay tuned for further construction updates coming soon!

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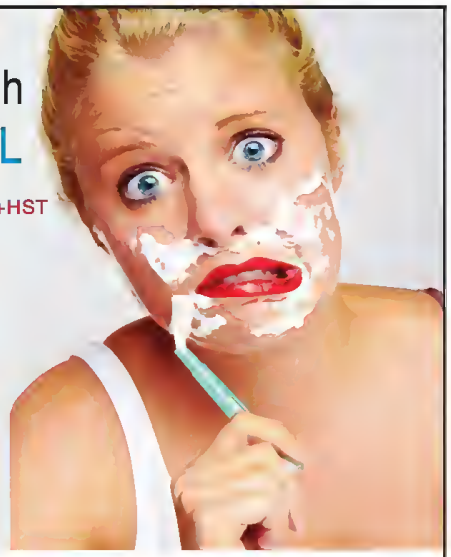

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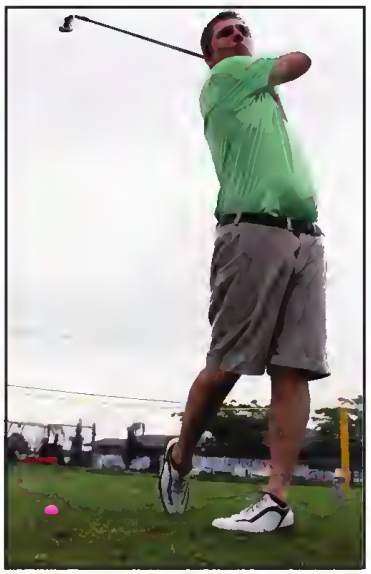

VICTORIA GRAY Staff Photo
J.J. Alexander, a golf pro at Lookout Point Golf and Country Club, hits 1,000 balls on Monday to raise money for a friend with cancer.

J.J. Alexander has the balls to show he cares.

The golf pro at Lookout Point Country Club completed the 1,000 Golf Ball Challenge on Labour Day to help raise money for friend and club member Carol Smith.

The Pelham resident was diagnosed with a rare form of melanoma and her doctor has prescribed a daily pill that can cost upwards of $3,000 a month. Smith has had several surgeries but her aggressive cancer continues to attack her body.

Her next treatment, a daily chemotherapy pill, is normally used to treat leukemia.

Alexander hit 100 golf balls an hour for 10 hours to support his friend.

"The community and members of Lookout have really come together," Alexander said.

Friends, relatives and community members sponsored balls Alexander hit and they raised more than $7,000.

Smith said she was overwhelmed by the support.

"I knew I had friends, I just didn't know how many good friends I actually had," she said.

MAJOR CYCLING EVENT TO MAKE HISTORY IN NIAGARA REGION ON SEPTEMBER 14.
Road Closures In Effect.
GRANFONDO NIAGARA FALLS 2013
Some neighbourhoods and primary roads will have major impacts. These include:

Niagara Parkway	• 6:00 am – 1:30 pm: Portions CLOSED – use alternate route
Queenston	• 6:45 am – 7:30 am: No vehicles permitted to cross Niagara Parkway • 7:30 am - 9:00 am: Expect delays for crossing at York Road
Bevan Heights	• 7:00 am – 12:15 pm: No vehicles permitted in or out of Melrose
Stonefield Park	• 7:00 am – 12:30 pm: No vehicles permitted in or out of Pinestone Road
Calaguiro Estates	• 7:00 am to 12:20 pm: No vehicle access to Mountain Road from January Dr., Colangelo Dr. or Mewburn Road
Thorold Tunnel	• 7:00 am – 12:15 pm: Both westbound Lanes CLOSED – use alternate route
Short Hills	• 8:00 am – 11:30 am: No vehicles permitted on roads – see course map online
Lookout Street	• 8:30 am – 11:00 am: No vehicles permitted on road – park elsewhere for egress

For more information on the course and the road closure information in these specific neighbourhoods, visit www.september14.ca. or call 1-888-551-4070

If you have a story idea or see news happening, we want to hear from you –
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■ **BASKETBALL:** Brock grads ending hoops career at Niagara College

Supplied photo

Retired Notre Dame high school teacher Mike Beccaria will have one-time student Tara Giallonardo on his team in his first season as head coach of the Niagara College women's basketball team.

Veteran rookies join Knights

BERND FRANKE
PelhamNews Staff

WELLAND - Sideline strategy sessions this season will feel like a high school reunion for two rookies on the Niagara College women's basketball team.

For retired high school teacher Mike Beccaria, the chance to draw up X's and O's as the new head coach will bring back memories of religion class at Notre Dame.

Such feelings of deja vu will be the same for newcomer Tara Giallonardo, one of the players hoping to be in the starting lineup when the Knights tip off the 2013-14 Ontario Colleges Athletics Association season in the fall.

Beccaria wasn't coaching hoops at Notre Dame when Giallonardo led the Fighting Irish to two Tribune Girls Basketball Tournament championships, but he does remember having the athlete student in his class as a student athlete.

"Tara is a former student of mine at Notre Dame. She is a great person, a welcome addition to our program. In time we really see her emerging as one of our team leaders," the coach said.

Beccaria, who is taking over the Niagara women's program after winning two provincial bronze medals as an assistant and head coach with the men's team, expects the Fonthill resident to have an "immediate impact" on the hardwood for the Blue and White.

"Tara is an accomplished guard who can pass, score, rebound and defend just about any position. She also has a strong three-point shot in her skill set."

Giallonardo, who spent the past four years playing in the Ontario Universities Athletics (OUA) association with the Brock Badgers, likewise is looking forward to reuniting on the basketball court with her one-time teacher.

see **KNIGHTS** | page 12

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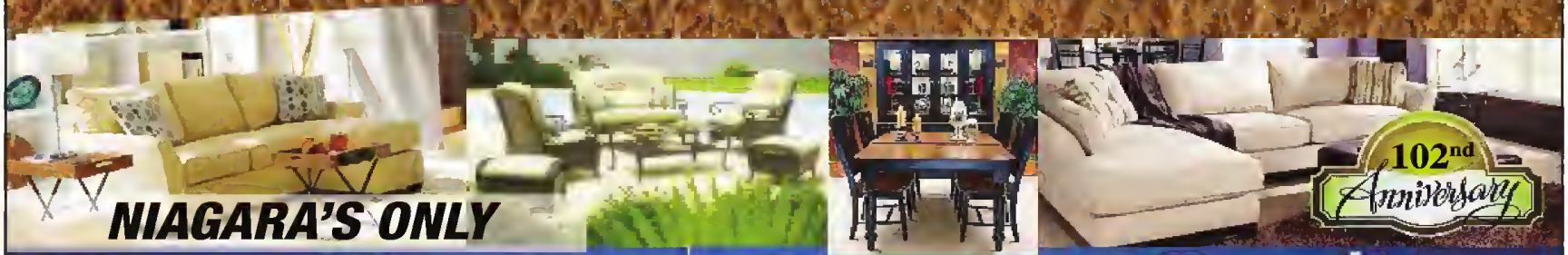

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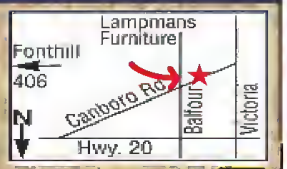

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■ KNIGHTS

Rookies give squad plenty of experience

FROM PAGE 9

She said she decided to spend her final season of post-secondary eligibility with the Knights because of academics.

"I chose to continue my studies at Niagara College because the graduate program I am entering is new and exciting. For my career, it will get me to where I want to be in the future," said Giallondaro, 23, who is taking the one-year exercise science for health and performance graduate certificate program at the college's main campus in Welland.

While athletics will take a backseat, with Giallonardo, saying she is determined to graduate with a "high academic standing," count on basketball being a close second."

Giallonardo, who earned OUA all-rookie honours and a provincial bronze medal in her four seasons with the Badgers, is part of an impressive recruiting class that also features fellow Brock graduate Katie Beaucock.

A 23-year-old from St. Catharines who played in the OUA with the Waterloo Warriors, but didn't see action with the Badgers, Beaucock has the ability to play both the guard and small forward positions.

The Governor Simcoe grad is taking the graduate certificate public relations program at the college's Welland campus.

"During my time at the school, I hope do well academically, secure an internship through my program and take advantage of some of the on-campus opportunities," Beaucock said.

Training camp for the women's basketball team begins Monday with the Knights opening the pre-season on the road with an exhibition game against the Brock Badgers. Proceeds from the fourth annual Peninsula Hoops Classic benefit the United Way of North Niagara.

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Car seat clinic at Fonthill fire hall

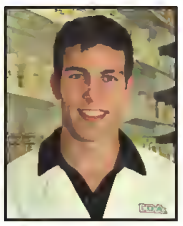
PELHAM — Here's your chance to learn the ins and outs of car seat safety.

The Town of Pelham, in collaboration with Pelham fire services and Niagara Auxiliary Ontario Provincial Police, is hosting a free child car seat clinic Sept. 21.

The clinic runs 10:30 a.m. to 2:30 p.m. at the Fonthill fire hall at 177 Hwy. 20 W.

Certified child car seat technicians will be there to answer questions and help inspect, install and make corrections to car seats. No appointments are necessary.

For more information on mandatory child car seat and booster seat requirements in effect, visit the child safety section of the Transport Canada website at www.tc.gc.ca.



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Unfortunately mixing alcohol with certain types of prescription medications can be dangerous. Alcohol can increase the risk of severe CNS depression when taken with opioids, benzodiazepines and barbituates. Alcohol can also affect drug metabolism (breakdown to active components), or the absorption of some drugs. Chronic alcohol intake can also cause problems with certain medications because of the effect it has on the liver and specific drug metabolizing enzymes.

Chronic alcohol use increases acetaminophen *(TYLENOL)* metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can due to your liver.

Chronic alcohol use along with NSAIDS (Ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken to together a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as *GLYBURIDE* or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive affects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

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■ **DRESSAGE:** 14-year-old Georgia Wade parting with beloved Arthur

VICTORIA GRAY Staff Photo

Georgia Wade will compete in dressage at the Canadian Interprovincial Equestrian Championships in Calgary. But she won't be able to take her horse Arthur with her.

Calgary beckons Fonthill equestrian

VICTORIA GRAY
PelhamNews Staff

WELLAND — Georgia Wade rides Arthur six days a week.

The 14-year-old Fonthill girl has forever loved the feeling of freedom and power she feels on top of a horse.

"I just really enjoy it, I've always loved it and there is such a bond between you and the horse," she says.

Practice and dedication has earned Georgia a spot on the Ontario Equestrian Federation's team that is headed to Calgary to compete in the Canadian Interprovincial Equestrian Championships Sept. 13 to 15.

She will compete in the Level 1 junior dressage category.

Dressage is a European training regimen that requires horses to complete a series of predetermined movements with little direction from the rider. It can also be called horse ballet.

The downside to Georgia's great adventure ahead is that she can't bring Arthur with her.

She'll have to ride a different horse supplied by the federation because Arthur is a leased pony and Georgia is getting too big for him.

Georgia, who rides at the Elite Equine Centre on Foss Rd. with coach Janet Henderson of Rivendell Sports, is a little nervous about riding a new horse, so she and her mother, Niki, are leaving for Calgary today to give her more time with the horse she'll use to compete.

"Different horses teach you different lessons and you have to have time to fix problems if there are any," Georgia says.

She says just getting used to a new horse's movements, its saddle and discovering how to make the horse do what you need it to do can be tricky.

"They are just like people — they have good days and bad days and they have all kinds of quirks. Arthur's personality is bigger than he is."

Georgia says it will take her a ride or two to figure out the loaner horse, but she's confident she'll be able to adapt easily in order to put in a great effort in competition.

She has only competed locally and qualified for the provincial team on standby, on marks in the high 60s and low 70s out of 100.

She says dressage is the only event in which a rider would be ecstatic to receive those grades.

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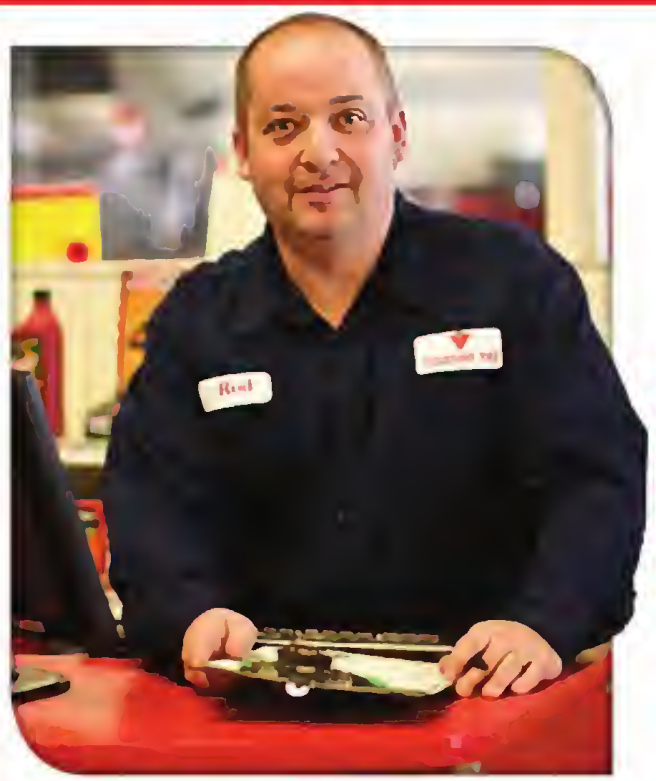

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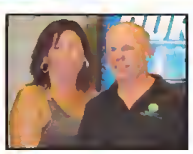

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